



DAS Delivers: HRExpress

Department of Administrative Services ~ Empowering People · Collaboration · Customer Service

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In this issue of *HRExpress* . . .

Iowa WorkSmart Project

- [Upcoming Feature Release and Updated Resources](#) - Get the latest Workday information in the February edition of *Smart Talk*.

State of Iowa Benefits

- [Specialty Drugs 101: What Employees and Families Need to Know](#) - Wellmark explains coverage for specialty drugs through your State of Iowa health plan.
- [Valuable Offers Through Blue365 and Employee Discount Program](#) - Check out these special offers available through Wellmark Blue365 and the State of Iowa Employee Discount Program.

Health and Well-Being

- [Voluntary Vision Insurance](#) - The open enrollment deadline is Tuesday, February 28, for voluntary vision coverage effective April 1, 2023.
- [What is Ergonomics and What Does it Mean For Me?](#) - According to OSHA, ergonomics is the science of fitting the job to the worker. What does this mean for you and your workspace?
- [Free Health and Wellness Seminars Offered Online](#) - Navigate through life's challenging times with guidance from KEPRO, the State's Employee Assistance Program (EAP). New topics are added monthly, so check back often.

Retirement Savings

- [Retirement Investors' Club \(RIC\) Participant Updates](#) - Get the latest news from the RIC team.
- [RIC Online Webinars](#) - Take advantage of online education offered by RIC.
- [Not Yet Participating in RIC?](#) - Don't miss out on this valuable opportunity offered to State of Iowa employees.
- [IPERS Presents Ready, Set, Retire on Zoom](#) - Attend this informative seminar, created for State employees looking to retire in the next few years.
- [News from State Retirement Investors' Club Providers](#) - Check out the latest news from State of Iowa RIC providers to assist with retirement income planning and investment strategies.

DAS Education Opportunities

- [New Year, New You](#) - Sign up for these special courses and more to help boost your personal and professional development.
- [Transcript Tip](#) - It's easy to access your training records in the LMS with two simple steps.

HRExpress is a publication for State of Iowa employees. Please print a copy to post or share with co-workers who may not have access to a computer. For prior editions, visit the *HRExpress* webpage.

If you have questions or suggestions for future content, please contact us at hrexpress@iowa.gov.